Old-Fashioned Hot-Water Cornbread

Total: 25 mins

Prep: 10 mins

Cook: 15 mins

Yield: 4 servings

Nutritional Guidelines (per serving)

167	7g	23g	2g
Calories	Fat	Carbs	Protein

(Nutrition information is calculated using an ingredient database and should be considered an estimate.)

210 RATINGS

This basic hot water cornbread is shaped into cakes and fried in hot fat in a skillet. The hot fat can be shortening or vegetable oil, but bacon drippings would add some very nice flavor.

Hot water cornbread is also known as corn pone, hoecakes, or corn dodgers. The corn cakes are an old-time Southern staple. Some people use self-rising cornbread mix in the cakes, and some add a small amount of flour or sugar. This version is very basic. No flour, no baking powder—just cornmeal, water, and salt. For fluffier fried corn cakes, try these corn oysters or cornmeal pancakes.

Serve the cornbread cakes with maple syrup or cane syrup. They would be great with sorghum molasses as well and would work as a side bread with chili or beans.

Ingredients

1 tablespoon shortening

1 cup water (boiling)

1 cup cornmeal

1 scant teaspoon salt

1 tablespoon vegetable shortening (or oil for frying; use bacon drippings if you have them)

Steps to Make It

01 Gather the ingredients.

02 Melt shortening in a heavy iron skillet.

03 Place cornmeal and salt in a bowl.

04 Pour boiling water over meal and salt.

Add melted shortening; stir well.

05

06 When the mixture is cool enough to handle, divide it into four portions.

07 Shape each into a cornbread cake about 3/4-inch thick.

08 Heat about 1/4-inch of shortening or oil in the skillet over medium heat.

09 Place corn cakes in the hot oil and fry until browned, turning to brown both sides, about 4 to 6 minutes.

10 Enjoy!

Tips

- Regular or self-rising cornmeal mix may be used in the recipe. For fluffier corn cakes, replace 3 to 4 tablespoons of the cornmeal with self-rising flour.

Recipe Variations

- Add a few tablespoons of chopped green chile peppers to the cornmeal mixture.
- Add a few tablespoons of crumbled cooked bacon to the cornmeal mixture.
- Fry the corn cakes in bacon drippings.

Recipe Tags:

Bread	Side Dish	Southern	Family Dinner